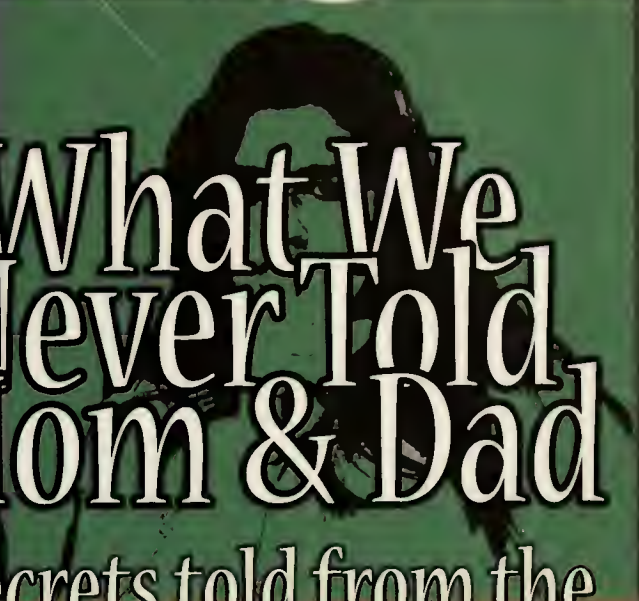


The Grizzly

Winter 2010



What We Never Told Mom & Dad

Secrets told from the
mouths of students
to the pages of our
magazine



Valentine's Day
around the world



10 Little Tips and
Tricks on feeling
Confident



Life in the Hills:
The Flint Hills up
close

RESERVE



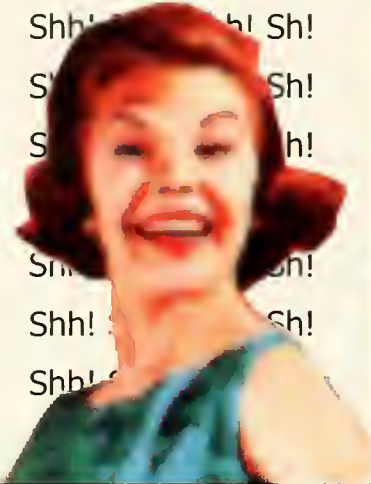
RES
050
GRI
2010

Butler Community College's Magazine

Table of contents

Winter 2010

Shh! Shh! Shh! Shh! Shh! Shh!
Shh! Shh! Shh! Shh! Shh! Shh!
Shh! Shh! Shh! Shh! Shh! Shh!
Shh! Shh! Shh! Shh! Shh! Shh!
Shh! Shh! Shh! Shh! Shh! Shh!
Shh! Shh! Shh! Shh! Shh! Shh!
Shh! Shh! Shh! Shh! Shh! Shh!



On the Cover

6-7 Feeling Confident?

In this issue find confidence in yourself in ten easy steps!

10-13 Through the Lens

The beautiful life in the Flint Hills

18-19 What We Don't Tell Out Parents

The uncensored truth by students, instructors and administration!

20-23 Valentine's Day Around the World

Check out these unusual traditions from cultures all over the world OR impress your Valentine with those three little words in another language.

In the Know

14-15 Learn a Foreign Language

16-17 Got an Opinion on Health Insurance?

24-25 Random Acts of Kindness

26-27 21st Century Networking

Fun Fact:
Want to know how many more classes you need to graduate? Check out Butler's GPS application on your Pipeline account.



Entertainment

4-5 The Ups and Downs of a New Year's Resolution

8-9 Stop Stressing, Start Living

32-33 Student Profiles

34-35 Student Profiles

Sports

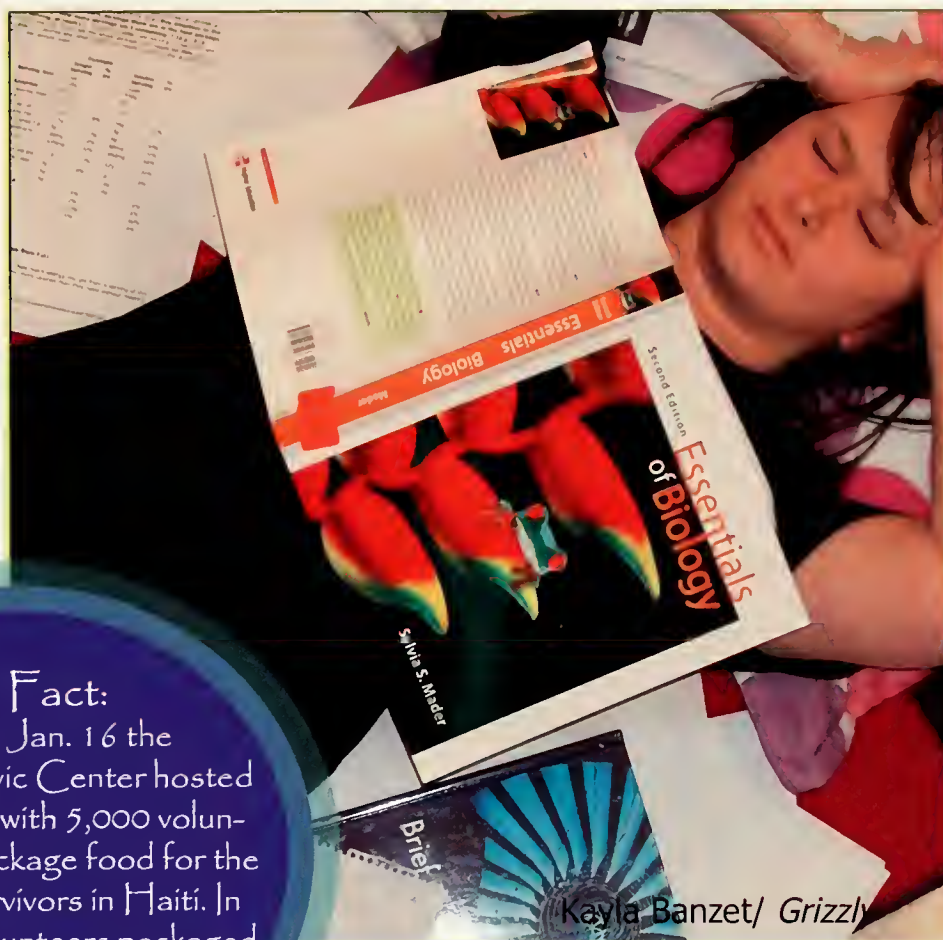
28-29 Men's Basketball

30-31 Women's Basketball

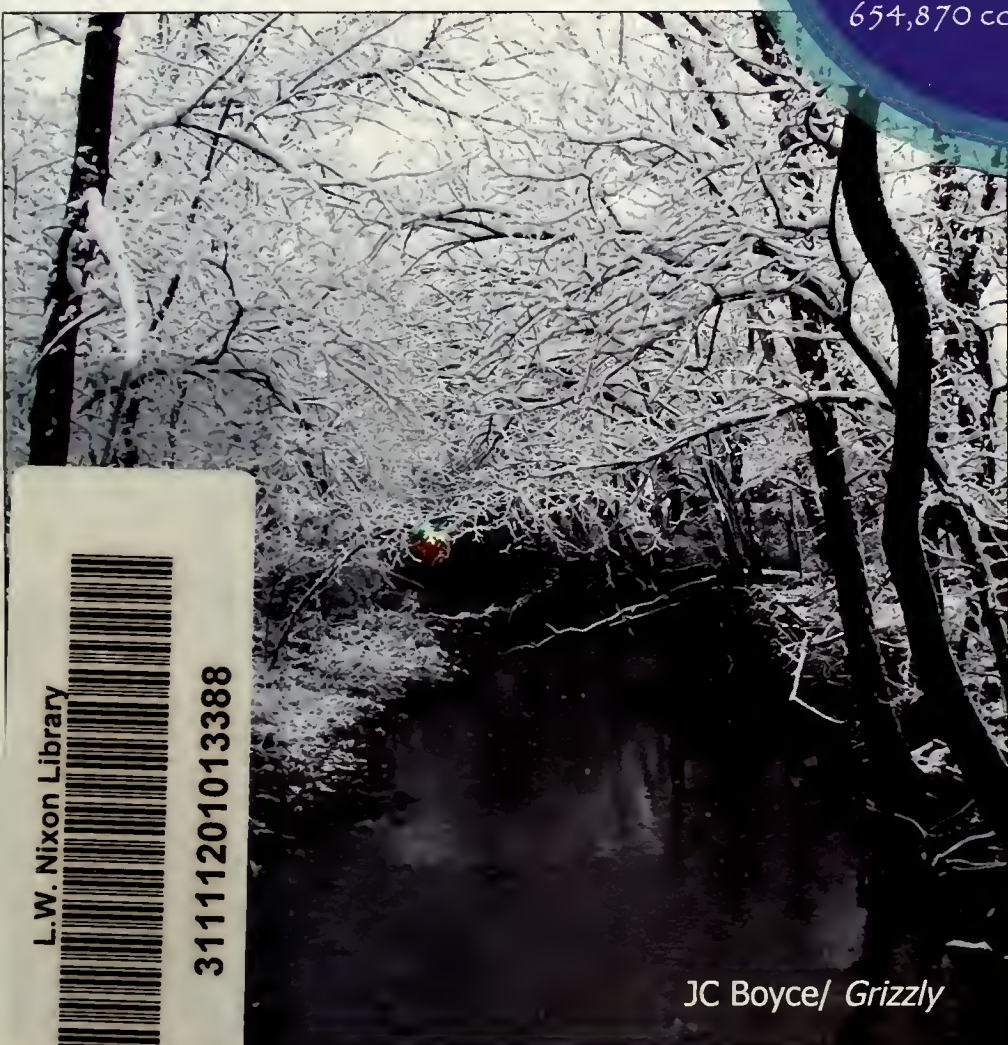
On the cover - Butler students telling The Grizzly to keep their secrets hush, hush.

Photos by Tiffany Ladson, Erin Carlson and Gordon Cave

Adviser Mike Swan
Butler Community College
901 S. Haverhill Rd
El Dorado, Kan 67042



Fun Fact:
Saturday Jan. 16 the El Dorado Civic Center hosted Numana along with 5,000 volunteers to help package food for the earthquake survivors in Haiti. In two days the volunteers packaged 654,870 containers of food!



Winter 2010

Getting In Shape



Healthier Lifestyle

Day 1- I typically don't eat breakfast but as part of my New Year's resolution, I started off the day with a banana and some oatmeal. Next, I headed to work. Conveniently I work at the YMCA, so I packed a bag to stay late and workout. Considering this was my first day to workout in probably ten years I stuck with a small 15 minute workout. Overall, I think I'm on a good track to a healthier lifestyle for 2010!

Day 2- I didn't start off this morning as well as I had planned and settled for a bowl of Lucky Charms. However, at dinner I did go with the healthier choice and chose a chicken salad. I finished the day with a short run before I called it a night.

Day 3- I woke up a little bit earlier than normal this morning so that I could start off the day with a delicious and healthy breakfast. I had just enough time to make myself scrambled eggs and a fruit smoothie. After work, I decided to head upstairs for a workout on the bikes and treadmill. I would say the first three days of my new healthier lifestyle are going pretty good!

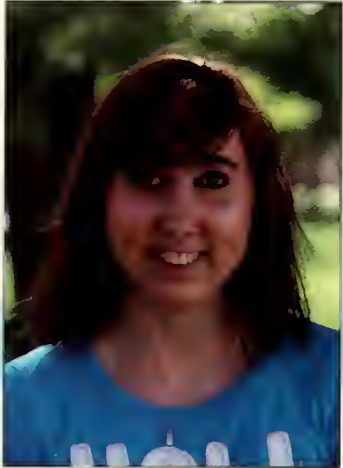
Day 4- This was one of my few mornings off so I spent it sleeping in. After I finally drug myself out of bed, I decided to make breakfast and head to the Y for a nice workout. After my workout, I was really craving McDonald's but took the healthier route home and made a delicious chicken salad sandwich.

Day 5- Last day of my journal. I set my alarm clock early this morning because I knew I had a busy day ahead and it would be tough to fit in a workout. So before making breakfast, I headed out for a nice run. The run definitely woke me up and I was ready for breakfast. I made a warm bowl of oatmeal and cut up some strawberries, which turned into a pretty good breakfast. Before leaving for work I packed a few healthy snacks in my purse, hoping to keep me away from the not-so-healthy vending machine at work. Overall I'm really glad I've stuck with this New Year's resolution and really hope I can keep myself motivated to stick with this healthier lifestyle for the rest of 2010!

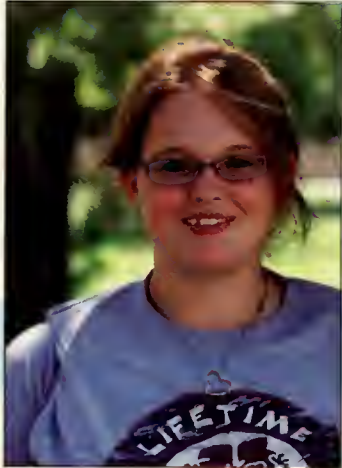
Winter 2010

New Year's resolutions are different for everyone. Some want to help feed the poor, volunteer to help the community or maybe even start recycling. For us, it meant getting back in shape and eating healthier. Losing weight is one of the most common New Year's resolutions. Many people choose a new year as motivation to start over and begin a new chapter in their story. For us, it simply meant feeling better about ourselves and our quest to become "fit."

Feeling CONFIDENT In YOURSELF



Kayla Banzet
Staff Writer



Megan Mahurin
Staff Writer

Confidence

For some, this is a word that empowers them; others have a hard time getting an understanding of it.

If you have a good dose of confidence and soak it up too much, it can even sometimes give the feeling of self-importance. In other words, it can give you a big head sometimes, making you become cocky, or conceited.

If you are one of those who sometimes need a nudge, you can sometimes feel defeated or tramped over. This can lead to depression and other unhealthy acts.

Sometimes it's hard to find a "happy medium" or a middle point where you just feel plain good! It can sometimes feel extremely complicated to achieve this happiness, but it is possible.

When your confidence seems as if it is lower than low, take a second to relax and realize you're you and be happy with it! If you still feel unhappy, try to set an alarm in the mornings. I know it sounds like it doesn't make sense, but try to get up at the same time every morning. By setting this time, you will put your body in a routine. This will help to get rid of those days when you feel as if you are just lagging.

Look at yourself in the mirror and say, "You're you and I LOVE YOU." By giving yourself this compliment, you will be starting the day off with a pep in your step, and a little confidence boost.

Before setting the clock, make sure it is early enough to have a good breakfast. A good healthy meal in the morning will not only boost your energy level, but also your metabolism which can help you burn those extra pounds.

If you feel as if you're starting to gain more and more energy, try going for a walk. You can even take a friend to talk about what's going on in your life; or just for some company.

Be assertive in who you are, and what you believe in. If you don't want to skip class to go to the movies, then say "No"! By only doing what you want to do, you will give yourself the confidence to be yourself.

When you feel you're being a little over-confident, stressed and maybe even rude, try doing what others want to do. Try not to put yourself first. There are other people out there who love you too.

So whether you are over-confident or shy and in the corner, a "happy medium" is possible for you.



Up and Over!
Savanah Gaudin shows her enthusiasm by doing a cartwheel.

10 Tips To A Better You

- 1. Eat breakfast.** Eating breakfast is a great way to start the day off. It doesn't really matter when you wake up, you should still make sure you start your day with a balanced, healthy meal.
- 2. Walk to class.** Walking across campus may seem like a chore but it is an easy way to exercise. Who knew you could burn calories on your way to an education?
- 3. Bring a friend.** Working out alone can sometimes be depressing and unmotivating. Bring a buddy along the next time you workout. It will make it more fun and enjoyable.
- 4. Take a nap.** After a very long day of school and work, sometimes you just need a nap. Taking a nap can help out tons with your energy levels. Just make sure you don't nap too close to bedtime or you'll have trouble sleeping at night.
- 5. Don't work in bed.** Doing your homework in bed may be comfortable but it actually can mess with your sleep patterns. If you work in your bed you'll have trouble falling asleep because your body won't want to sleep at a work station.
- 6. Avoid caffeine, eating and drinking right before bed.** Hyping yourself up with sugary food and drinks may help study for that big exam but it will work against you when you want to sleep. Make sure to limit your caffeine and food intake before bed.
- 7. Drink lots of fluids.** Flu season is among us and being dehydrated doesn't help fight illness. Help your body by drinking plenty of water or juice when you're feeling ill.
- 8. Assert yourself.** Don't let anyone make health or wellness decisions for you that you feel uncomfortable with. If you don't want to eat that donut or have a drink, then don't.
- 9. Cut back if needed.** Occasionally students overload themselves with activities. If you're one of these people with too much on their plate, cut back work hours, drop a class or cut out some activities in your schedule so you won't stress.
- 10. Drink moderately.** While college students are known for their partying, students of age can still have a good time without consuming all the calories that come along with binge drinking, plus you'll avoid the hangovers and other negative effects.



Jumping for joy! Kelly Holton had a full night's sleep and is full of energy.

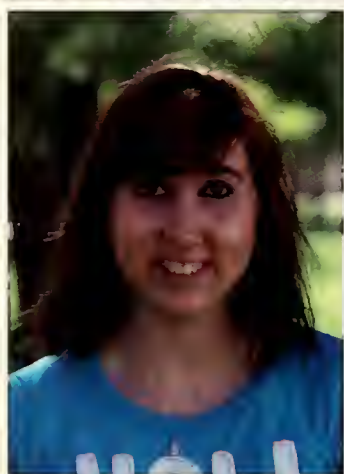
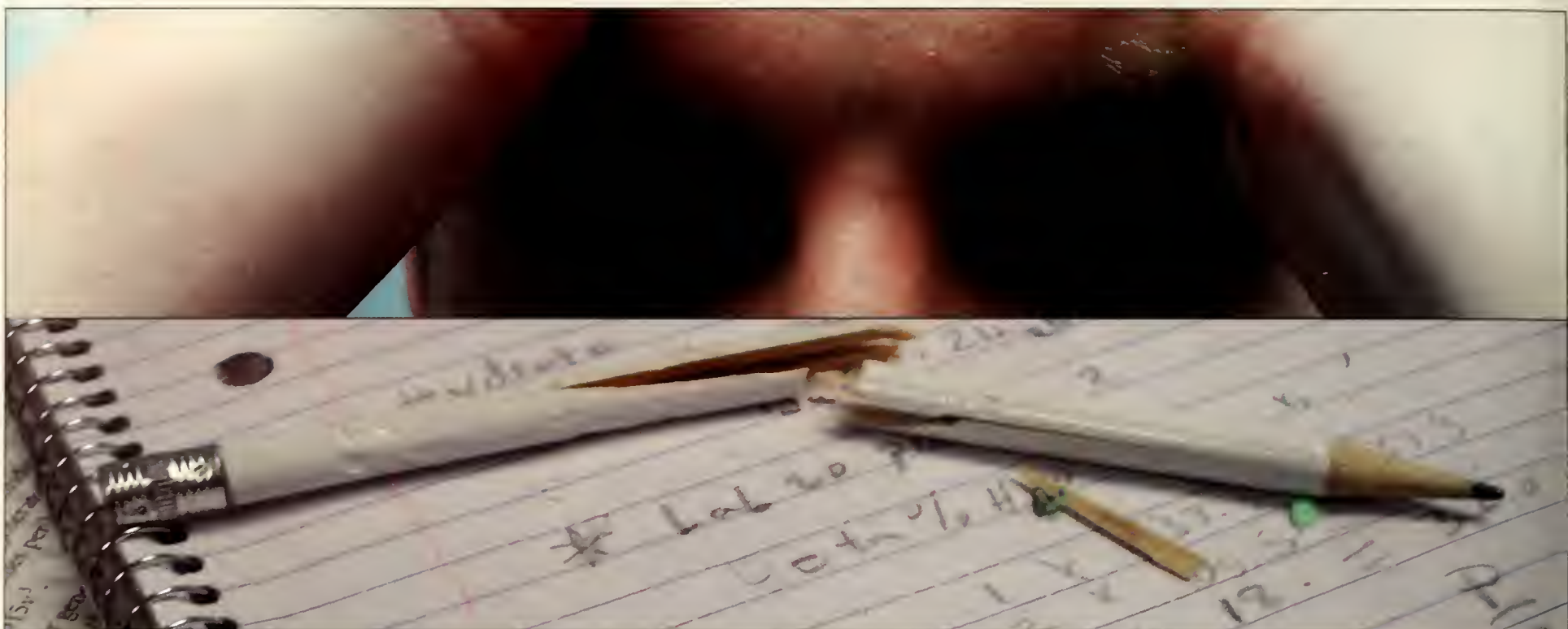


Horsepower! Ian Ross keeps hydrated so he can do what he loves to do.

All photos by Megan Mahurin/*Grizzly*

Tips courtesy of
<http://www.rncentral.com>

Winter 2010



Kayla Banzet
Staff Writer

STOP *Stressing*, Start Living

How to Deal With Second Semester Stress

Beep! Beep! Beep! Beep! Every morning your alarm goes off to wake you up for another jam-packed, no time to breath, chaotic day of college. Acquiring a college education can become very stressful at times.

It is in fact a difficult task, and for some reason, it tends to become more grueling and challenging in the second semester. It becomes so stressful at times that you almost think dropping out seems like a logical solution. But there is no need to sweat over school because there are simple solutions to make it through the semester.

Taking on extra credit hours for whatever reason is a major problem for a lot of students. Typically, adding on an extra credit hour is meant to help you graduate or transfer to a university in a more timely manner. A packed schedule may have seemed like an awesome idea in the fall when you enrolled, but now that idea doesn't feel so awesome.

Just thinking about running from one classroom to another with just small intervals of time can become tiring. A solution to make this task a lot easier is to simply create a chart to organize your time. Making a chart of how your week will look lets you know if things will be hectic. If it seems to be jam-packed, it can help you work ahead and save you future stress.

If your schedule is still stressing you out to the point that you think you might explode, you should try talking to a counselor about a change in your

class schedule. Withdrawing from a class may seem like the easy way out but it's better than making yourself sick over a class.

While being studious in college is the key to earning your degree, studying 24/7 can lead to anxiety, headaches and exhaustion. Take a break every now and then. Procrastination is a student's worst enemy, but studying until you drive yourself insane will not help your case either.

Try scheduling a 10-45 minute break from studying and do anything that relieves stress, such as having a snack, watching a little TV or surfing the web. After taking a break you'll feel less stressed and more focused on homework.

Not only will taking breaks help you out with the stress of school but so will catching a few Zs. Obtaining a good night's sleep will make you less grumpy during the day and the little things that usually send you into mega stress mode will

just fly by. It will also keep you from falling asleep in those classes that bore you to death.

For sophomores, this second semester is their last here at Butler and they have a lot on their plate. The big stress factor for sophomores is graduation. Not to mention, some students are applying for four year schools in hopes of furthering their education. Other students are hoping to gain success at their jobs. Their future is constantly on their minds.

Just remember to breathe, sophomores. If you haven't already, start looking at new colleges and jobs now. That way, by the time May rolls around, you won't be in a panic to figure out what you're going to do.

College is supposed to challenge you, but don't let the challenge defeat you. Try to balance your social life and work life so that the stress of school won't even bother you.

SURVEY!

Are you stressed in school?



Kayla Banzet/ Grizzly

Denise Banuelos,
Liberal Sophomore

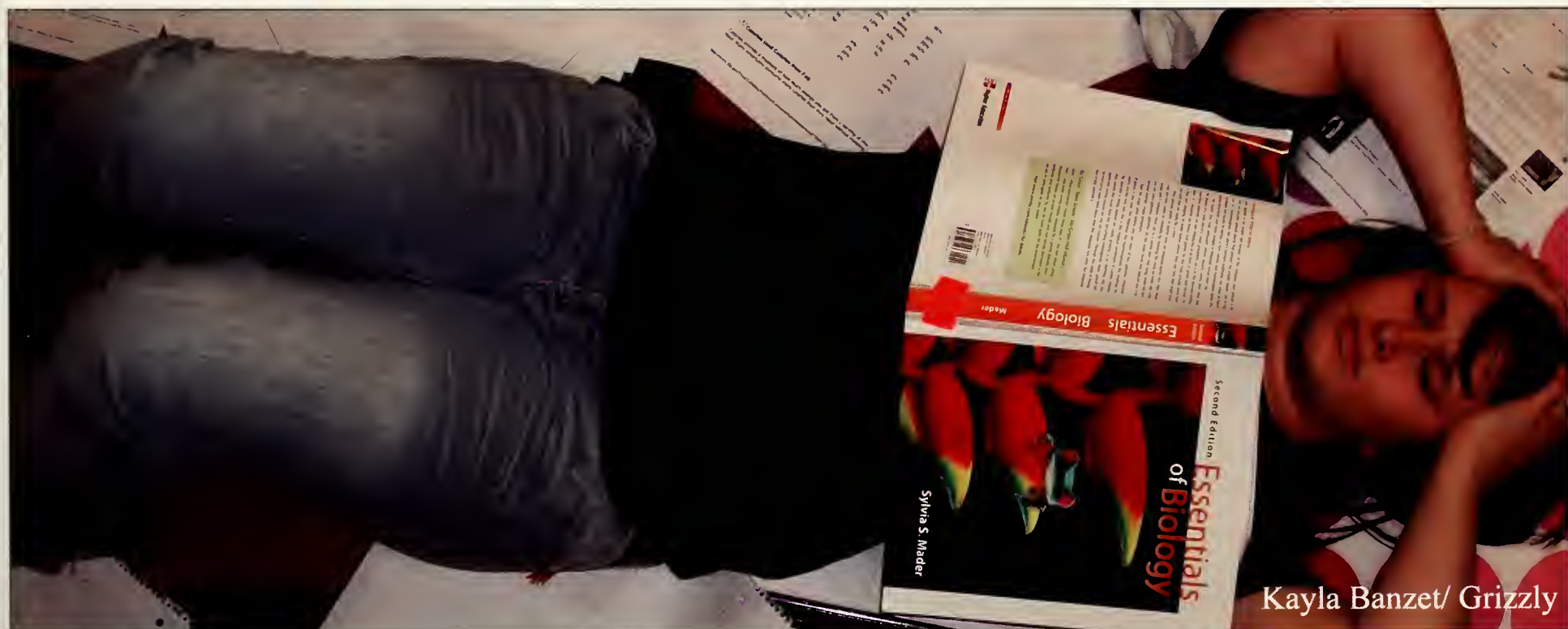
"I'm not stressed out because I have all the important classes I need out of the way."

Tyler Schiesser,
Benton Freshman

"Yes I am stressed because all of my teachers are stressing me out."

"Studying 24/7 can lead to anxiety, headaches and exhaustion. Take a **break every now and then!"**

Reviewing notes, Izaiah Jennings, Augusta sophomore, (left) studies for his class. Panicking, Rici Swartz, Tyron freshman, (below) stresses over a test.



Kayla Banzet/ Grizzly

Life in the Hills

The Kansas Flint Hills are full of life, and full of detail, yet at the same time, so simple.

Text and Photos by J.C. Boyce



J.C. Boyce
Copy Editor

Most folks with their eyes open know that Kansas's prairie landscape is far from boring. One of Kansas's most famous and beloved landscapes, the Flint Hills, is found stretched across eastern Kansas from northern Oklahoma all the way north to within 50 miles of Nebraska. Many Butler students have experienced the Flint Hills, whether it be growing up there on a farm or ranch, or simply driving through them on a regular basis. Regardless of the encounter, these ancient hills can in no way be lumped into the "boring" category, and in fact, are generally loved and remembered by all who have spent any time there. Rich in history and breath-

taking scenery, the Flint Hills are also home to the continent's largest remaining tract of tallgrass prairie and some of the world's finest grazing land.

The Flint Hills' lush grass once filled the bellies of massive buffalo herds, which in turn fed and clothed such Plains Indian tribes as the Kansa, Osage, Wichita and others. When settlers came from the East with the intent to farm and settle in the Flint Hills, many found it to be too rocky to farm, and decided to move on. A few faithful settlers discovered the rich, less-rugged soil in the creek and river bottoms where they successfully farmed. For the most part though, the rough terrain, filled with limestone crags and rugged slopes, protects itself from the plow, making it perfect grazing land. Today, cowboys and cattle roam the land in place of Indians and buffalo. Every year, Flint Hills ranchers fatten thousands of cattle on acres of nutritious tallgrass prairie before shipping them to be sold for beef. A good portion of the best beef served across America and throughout the world is likely to have come from the rich pastures of

the Flint Hills.

While the beef industry is a very important aspect of this sacred land, the Flint Hills deserve a much closer look. The hillsides' cold, clear springs gush life into lush plant species that not only fatten the cattle, but the native inhabitants also. Herds of whitetail deer graze among the evening's shadows as prairie chicken, turkey and hawks make the last flight before roosting for the night. Jackrabbits and badgers venture out onto the prairie, as raccoons prowl around the wooded creek bottoms. By night, a starry blanket glitters above in an endless sky as packs of coyotes howl to the moon that is inching away from the eastern horizon. You get the idea. The Flint Hills are full of life, and full of detail, yet at the same time, so simple. Each season brings new shades, new sounds and new smells to behold. When one takes the time to get lost in the beauty and awe of the Flint Hills, it is truly humbling. Perhaps that's how the Kansas Flint Hills are able to whisper to us so intimately, if we'll let them. They speak to us of something, or Someone, so much bigger than ourselves.

Spring: The Flint Hills' Glory Days

Springtime in the Flint Hills gives literal meaning to the phrase 'out with the old and in with the new.' Just as the Native Americans did a couple of centuries ago for buffalo and other game, many ranchers set fire to the hills every spring to rid last year's dead grass and make room for newer, fresher and more nutritious grass for their cattle. Fire and grazing are key to the prairie's survival. Lines of fire extend for miles, burning off the old grass and heating up the soil in the process. The soil will hold the heat from the fire and the black ash will also attract warmth from the sun. Combine that with some good spring rains and in a couple of weeks you'll see endless pastures greener than Ireland. Gorgeous arrays of white, purple and yellow wildflowers will splash the hills like magic. This is about the time many ranchers will ship summer steers to the Flint Hills for grazing. Wildlife also thrives, as many migratory birds fly back from the south, nest and lay eggs. Snakes feel the warmth and come out from hibernation. When whitetail does begin to give birth to fawns, early summer is pretty much here. Spring is truly an exciting time in the Flint Hills.



Summer: Long, Hot Days

The Flint Hills' summer generally starts out with intense thunderstorms and heavy rainfall, but by the end of the summer, the sun hangs high in the sky and the temperatures soar. Warm season grasses are shooting up in height, and providing great amounts of nutrition for grazing animals. Ponds and creeks are popular critter hangouts during the summer months as a drink of cool water and a lazy day in the shade couldn't sound better to them. On balmy summer evenings, locusts sing from the cool hollows as nighthawks and barn swallows swoop overhead while feasting on mosquitos and other insects.



Fall: Winds of Change

As summer fades into autumn, warm season grasses that are best for grazing stop growing and ranchers begin to round up their cattle to ship away to stockyards. The four warm season grasses most desired by Flint Hills ranchers for high nutrition are Big Bluestem, Little Bluestem, Indian Grass and Switch Grass. In years with high precipitation, Big Bluestem Grass can reach a height of eight feet tall! These warm season grasses soon go to seed, completing their yearly mission. Soon after, the north winds begin to howl,

bringing chilly temperatures to the Flint Hills and sending flocks of honking geese and other birds on their flight southward. Frosty mornings turn the woods along streams into yellows and oranges and turn the prairie grasses into reds, golds and tans. Meanwhile, mysterious whitetail bucks, with large antlers and swollen necks, wander the hills in search of does to pursue as the rutting season is in full swing. Squirrels scurry about, gathering acorns in preparation for winter. Before long, the season's first snowflakes begin to fly. Winter is here.





Winter: A Time for Rest

Winter often brings ice storms and blizzards to the Flint Hills. Some winters, on the other hand, are mild with above average temps. Other times, a nice, gentle snow falls, blanketing the hills with a white, fluffy winter wonderland. Regardless the weather, it's pretty quiet in those hills, except for an occasional cry of a distant coyote. Most birds have flown south, insects have migrated or died off, rodents and reptiles are hibernated. Plants and trees are dormant. The Flint Hills and their inhabitants are using this phase of the year for a nice long nap. The days get longer as this restful season winds down and inches back toward spring. Soon the yearly cycle will start all over again. Strings of fire will put the hills up in smoke, and not long after, cattle, birds, and other Flint Hills creatures will once again speckle the lush, green hills. The wonders of the Flint Hills just can't be put into words sometimes. So on a free afternoon after class, drive out there, get out of your car and experience them for yourself.



Winter 2010

Learn a Language



Erin Carlson
Editor-in-Chief



Thao Pham
Staff Writer

Hola! Konichiwa! Bonjour! These are just a few phrases students can learn from the Butler Foreign Language Department. Other than Spanish and French, more foreign languages offered at Butler are Japanese and German.

"I think taking a foreign language improves their cultural awareness," says Marsha Mawhirter, Spanish Instructor at Butler of El Dorado. Mawhirter encourages every student to consider taking a foreign language course and recommended taking basic Spanish to increase employability and it also looks good to add on a resume which increases chances of a better job. She also says that the first week of class students can feel overwhelmed with

the different levels being taught but with the desire of success students will be fine.

Catherine Walker, Wichita freshman, spent 10 years of her life in Japan. She says that it's good to be able to communicate and understand how foreign language works since there are so many people from different countries in America and that English is not the only big language in the world either so it will open more doors in the future.

Students enhance their chances of employment for any international work and also much domestic work if they speak another language well.

Many students who have taken foreign language classes say they really enjoyed the structure, environment, learning and ability

to understand different cultures in a greater depth.

With Butler the class is much smaller so the relationship is easier to build between a student and their foreign language instructor.

"Don't be afraid of making mistakes when speaking the foreign language. Hearing yourself speaking, reading aloud is a great tool for memorizing and pronunciation," says Liana Wagle, Butler of Andover German Instructor. Wagle says anybody at any age has the capability to pick up a new language but it depends on one's motivation, dedication and, not least, the innate receptiveness for language learning.

**Foreign
Languages
Taught at
Butler**

- French
- Japanese
- Spanish
- German

Reasons to Take a Foreign Language

- 1** Get a job! With the job market as scary as it is, learning another language and becoming fluent can potentially open up doors for you professionally. Now the world is your office.
- 2** It helps improve your native language. Seriously, by learning another language it helps enhance your knowledge of grammar and different ways to express yourself!
- 3** Immerse yourself into foreign arts and culture. Over the year many pieces of artwork (novels, paintings, plays, music) have been translated for us. By learning another language you can fully understand and bring back the actual meaning of the piece. Arts are no longer lost in translation!
- 4** Get the REAL experience when traveling! When traveling abroad try to veer off the beaten path and immerse yourself into the culture. Knowing another language will help you do this. Now you'll be hanging out with the locals instead of following the other tourist.
- 5** Improve yourself and your knowledge for a lifetime. Learning another language is an investment that can last forever!

www.rosettastone.com

What Students Think!

"At first I took German and Spanish classes for job opportunities, then after taking the classes for awhile I realized, 'Wow! This is fun!' It's really interesting to see another culture in a different perspective."

Randy Bramwell
El Dorado, Sophomore



Erin Carlson/ Grizzly

"I take Spanish classes because next year I'm transferring to WSU and business majors are required to have foreign language credits for the Bachelor's degree."

Brenda Paniagua
Hugoton, Sophomore

Opinion: Healthcare RE-Form



Daric McCoy
Staff Writer

Since the time of President Franklin D. Roosevelt and The Social Security Act of 1935, healthcare reform has been debated about on

and off throughout the years. President Roosevelt wanted there to be a national health insurance program included with Social Security. Since then, it seems that there has been a lot of talk by presidents and members of Congress for reform, but any action towards reform has always been shot down quickly by large insurance companies and other interest groups. It wasn't until late in 2008 and early 2009 that healthcare reform seemed to become the forefront of lawmakers' agendas.

American citizens made their voices heard when they went to vote for the next president of the United States in November 2008. Barack Obama, who had smartly focused a lot of time and energy during his cam-

paigned for healthcare reform, won 365 electoral votes; far surpassing the 270 votes needed to win the presidency.

In June 2009, Democratic leaders in the House introduced their proposal for healthcare reform. Included was a plan to slow the spending of Medicare, a tax on high-income citizens, penalties imposed on businesses that do not insure their workers and what I see as a brilliant idea; the public healthcare option.

The public option was to be a government-run alternative to private insurance. A big complaint about the public option was that the private insurance companies would not be able to compete with the more affordable public option. However, there are measures in the bill that would help bring the costs of private insurance down anyway. The public option would just be another way to help make sure that would happen. Isn't bringing the cost of healthcare down one of the biggest reasons we are working on reform anyway? Also, legislators want all Americans to have some sort of healthcare. For those who don't have any now because they can't afford it, a public option would be something that would come closer to being affordable. Sadly, as it stands, the bill that was passed by the Senate does not include

a public option.

The public option was not the only majorly controversial part of the bill, as abortion was another problematic area for lawmakers. The bill passed by the House included plans that would insure that no federal money was to be used for abortions. The bill that was introduced to the Senate, by Senator Harry Reid of Nevada, did not go quite as far on limiting access to abortions. Abortion is a very difficult issue to talk about, but it is something that should always be an option; preferably the very last option, but something that needs to be there in the event of rape or incest.

The public option and what to do about abortions were just two smaller parts of the overall picture of healthcare reform. The public option seemed to be a much bigger aspect to liberal Democrats than to conservative Republicans. Even though there are some things that have been cut from the bill that I would like to see still in there, namely the public option, I am glad reform is still moving forward. Even though it has taken nearly 75 years for this to happen, we should be happy that our government has finally taken the initiative to make this long-needed change occur.

"Change will not come if we wait for some other person or some other time. We are the ones we've been waiting for. We are the change that we seek."

- Barack Obama



"Healthcare is a good thing. There should be a health care program for college students."

-Tyffany Wiley
Emporia, KS
sophomore



"I'm against it. If everyone has it they won't get the best doctors. They'll have trouble going to specialists."

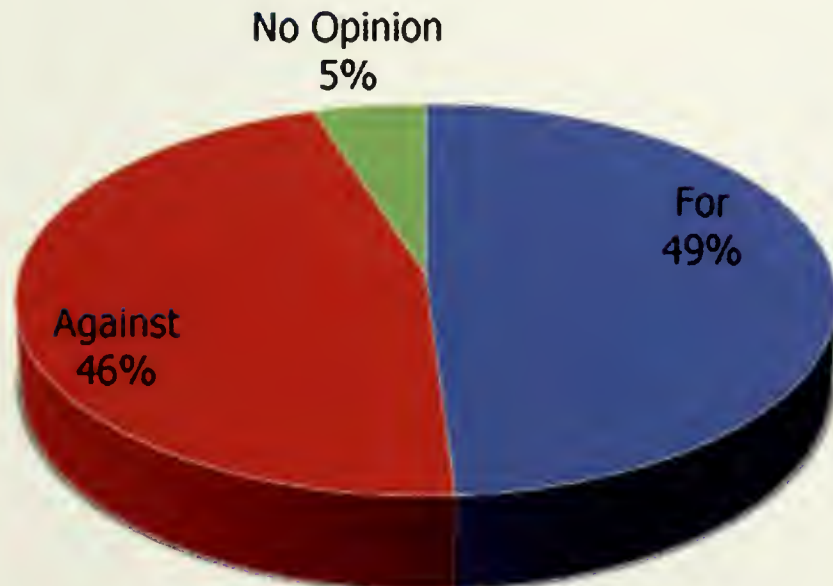
-Heather Ashbrook
Wichita, KS
freshman



"I think it's a good idea. Everyone should have some type of health care."

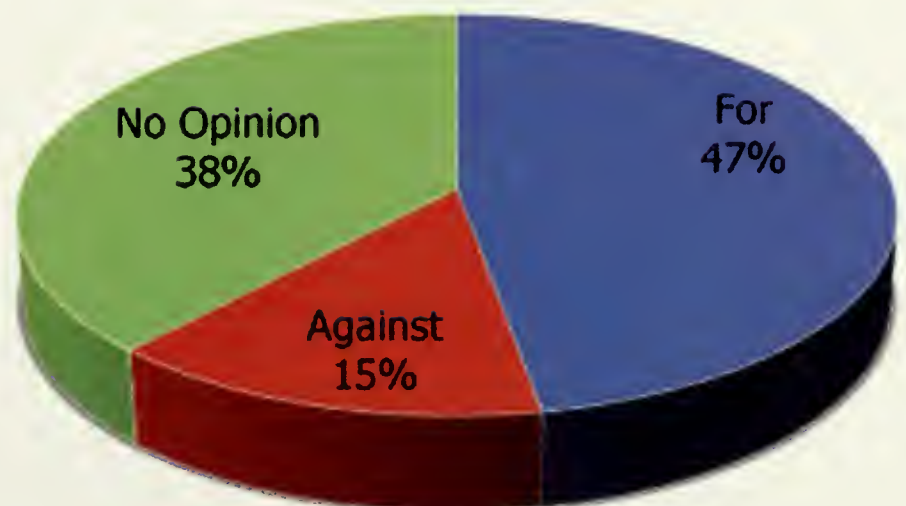
-Stoney Burns
Ocoee, FL
sophomore

Gallup Poll



Gallup conducted this poll January 8-10, 2010 by telephone interviews. 1,023 national adults were interviewed.

Butler Poll



Grizzly Staff members, Logan Jones and Daric McCoy, conducted this poll on February 1, 2010. 50 Butler students and staff members were interviewed.

What you never told your **Mother...**

We all have done something we regret. Something we shouldn't have done. That secret we kept when we were younger might always be kept a secret; or it might be told here.

Lying to our parents to go somewhere else, smuggling animals in the back seat of the car or damaging your parents' cars are all examples of secrets we kept from our parents. This article is an outlet for those secrets. Where you can release your ideas and know that your identity is being withheld.

Ever seen the music video "**Dirty Little Secret**," by The All-American Rejects? That's where we got the inspiration to ask Butler students secrets they keep and why they keep them inside. We handed out note cards to students and teachers around campus and many declined, saying "the secret must stay a secret," or "no I don't have anything to admit."

Another inspiration we used was **Post Secret**. It's a book where people all across the world can submit their secrets, along with a drawing. Some secrets are daring, some are weird and some are emotional.

Google Image



Gordon Cave
Staff Writer



Tiffany Ladson
Managing Editor

"When I was in high school I told my dad I was going to school that day but instead went to my boyfriend's and when we were driving around we pulled up right by my dad. I jumped in the back seat and hid. He never even saw me."
-Brandy

"I drove over a dead skunk in my mom's car and the smelly sack popped. I blamed it on my brother and my parents still think it was him today." -Alexa*

"Getting home with a minute to spare before curfew. I got home in around 3 1/2 minutes. I lived five miles in the country. And that includes one corner turn." -Robert

" In 1998 I stole the nose off of Rudolph the red nosed reindeer at the Ignite Augusta Celebration."
-Jane Doe*

P.S. He hasn't had a nose since!

"When I drove into the light pole in the parking lot in the high school it wasn't because of ice." -Alex*

" I lied to my parents about where I was going and went to Kansas City." - Derek*

"Getting pulled over by police for transporting a sheep in the back seat of a car. Ticketed because the sheep wasn't wearing a seat belt." -Keith

"They didn't know I briefly lived with my husband before we got married." -Haley*

" I stole \$10 from my mom when I was in 4th grade and she still doesn't know." - Linda

" Told my parents I was going to one of my friend's parties and instead went to another party. And then had a few friends come home with me and we partied in the basement." - Darius

"My brother and I almost burnt the house down by putting a napkin over a candle." -Emilio*

* names requested to stay anonymous

2's Day around the WORLD



Erin Carlson
Editor-in-Chief

Also scrumptious recipes, and gift ideas for your loved ones!

Traditions from France:

In France there previously was a very popular custom called "drawing for." On Valentine's Day, people who were unmarried would go into houses facing each other and begin calling out a window to one another, pairing-off with the chosen partner. If a man wasn't too pleased with his partner he would abandon the lady. Later on, a bonfire would occur for the ladies who had been left behind. This bonfire was used to burn the images of their ungrateful partner. Sometimes they would even verbally abuse him while the image burned. Eventually this custom was outlawed by the French government due to its negative effect on the public.

Traditions from Britain:

Different regions of Britain take part in various customs to celebrate Valentine's Day. One custom, which is similar to one used in the United States, is the sending of cards, gifts of chocolate and flowers to their loved ones. However, chocolate isn't the only gift one might receive; the giving of Valentine Buns is also fairly popular. These buns are baked with caraway seeds, plums and raisins.

Traditions from Denmark:


In Denmark they celebrate the day of love by sending pressed white flowers called snowdrops to their close friends. As a joke, Danish men will send a form of Valentine called gaekkebrev. In the gaekkebrev the man will write a rhyme and at the end, instead of signing his name, he leaves a dot for every letter in his first and last name. If the receiver of the card guesses the name of the sender, she will receive an Easter Egg later on in the spring.

Traditions from Japan:

In Japan one day isn't enough to spread the love around. In this country there are two dates for Valentine's Day(s). The first is Feb. 14 and the second is March 14. On the first day the female gives the gift to her beloved mate and on the second day, also known as white day, the person who received the initial gift must return it. Therefore these Japanese females have the advantage of essentially choosing their own gift!



10 Ways to say *I love you* in another language



Do you need to spice things up in your relationship? Or maybe you have just fallen in love with someone from another country? Either way, saying those three meaningful words can be tricky. Take a deep breath, memorize a phrase, and let your loved one fall head over heels for you!

- 1.** *Ti Amo*- Italian
- 2.** *Ya vas liubliu*- Russian
- 3.** *Kimi o ai shiteru*- Japanese
- 4.** *Te amo*- Spanish
- 5.** *Jag a'lskar dig*- Swedish
- 6.** *Em yeu em*- Vietnamese
- 7.** *Sh'teme*- Canadian French
- 8.** *Je'taime*- French
- 9.** *Ich liebe dich*- German
- 10.** *s'ayapo*- Greek

**Translations courtesy of www.stvalentines.net

**Worldwide traditions courtesy of www.novareinna.com

Winter 2010

For HIM 5 Gifts For Her

1. Wallet. Men love leather, so why not pick out a special wallet for him? This will keep his credit cards and money in order. You can also put a photo of you in the wallet to make it more meaningful!

2. Buzz! If your man loves to be brave (or at least pretends to be), an electric shock game would be the gift for your fearless tough guy. These games are great for a laugh or for when he is with his friends.

3. Toys! Ideal for any man as none of them are really mature! One of the best toys out are micro RC helicopters. These little toys can be flown indoors, and are so affordable.

4. Chocolate! Men love chocolate too! Don't be scared to buy a box.

5. Gift Card! Get your man a gift card to a guys-kind-of restaurant! His stomach will appreciate a meat and potato only meal.

1. Diamonds! They may be a girl's best friend, but for the money-conscious man ANY piece of jewelry would do.

2. Date night. Take her on a special date; one that she didn't plan. Or better yet, if you really want to sweep her off her feet, re-create your first date. She'll be more than impressed!

3. Be classy! Order a bouquet of red roses to be delivered to her at work, or to her house. It might not be the most creative gift, but one she'll appreciate nonetheless.

4. Ch-Ch-Chocolate. Give her the gift that will rock her taste buds!

5. Remember when... Is your girl a photo-fanatic? Then a simple frame with a favorite picture of the two of you would be the perfect gift!



Unique Gift Ideas

Personalized M&M's®

They taste great and are the perfect way to discretely say "I Love You."



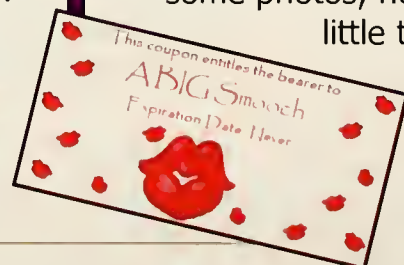
Love Vouchers

Make a small book of coupons that your loved one can redeem at any time. List things like a free massage, a kiss or even a night on the town!



Memory Book

Purchase a small photo album and create a book of memories that you and your significant other have shared. All it takes is some photos, note cards and a little time!



Recipes For Loved Four One

Valentine Roll-ups

Need:

Strawberry flavored Cream Cheese
Strawberry jam
Tortillas

1. Spread cream cheese and jam on a tortilla.
2. Roll the tortilla into a log.
3. Cut log into 1 inch thick slices.

*Recipes courtesy of:
http://parenting-teens.about.com/od/recipesforkids/r/kids_recipes107.htm

Valentine Fizz

Need:

Bright red fruit juice
Soda or Seltzer
Slices of lemon, lime, or orange (Optional)
Ice cube tray

1. Make up trays consisting of the juices you wish to make into cubes, and freeze them.
2. Mix together even amounts of red juice and the soda or seltzer into a glass and add the juice cubes.
3. On top of the drink place a slice of lemon, lime or orange to add a bit of festivity.

Kisses

Need:

Favorite Rice Krispies®
Recipe
Vegetable Cooking Spray
Funnel
Wax Paper
Strips of Paper and a Pen

1. Follow your favorite Rice Krispies® Treats Recipe and let cool until they are easy to handle.
2. Take funnel and spray Vegetable Cooking Spray inside.
3. Pack Treats into the funnel, remove and place on wax paper to cool completely.
4. Label each strip of paper to say "A Kiss For You."
5. Wrap molded treat and strip in aluminum foil.

Heart-shaped Pizza

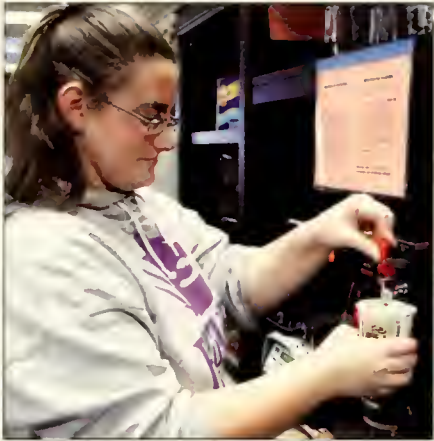
Need:

Package of ready-made pizza dough
1/2 cup of tomato sauce
Cheese
Peppers, Mushrooms, Salami, Olives, Onions, Anchovies (All Optional)



1. Unroll the dough on a cookie sheet. With a knife cut a heart shape. With the excess dough create a rim around the edge of the heart-shaped dough.
2. Spread the tomato paste over the pizza base and sprinkle with cheese.
3. Now start adding the toppings of your choice.
4. Bake the pizza according to the instructions on the package. Cook for 20-25 minutes.

Random Acts



In 2008 there was an epidemic of people buying coffee for the person behind them out of kindness, hoping to start a chain reaction. "It'd be really neat if someone did that here," says Kaylee Jenkins, Douglass sophomore.

Photos by Thao Pham

"As people from different cultures and from all walks of life are joining to spread kindness, they are creating a powerful, synergistic action throughout the world."

Actsofkindness.org

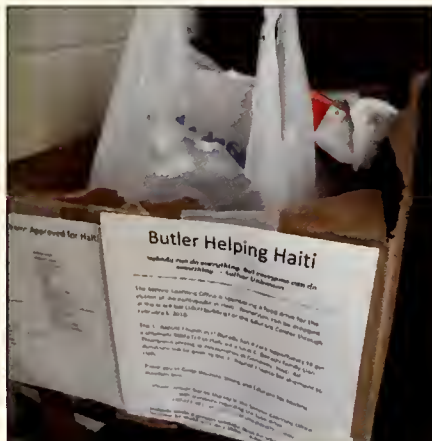
People have been finding it difficult to keep up with the jumping gas prices. In 2009 a Tennessee man bought gas for 80 strangers.



Most students find themselves rushing to class, which means forgetting to turn off their headlights. Reporting their license plate will make it easier for faculty to get a hold of the owner.



Butler has set up boxes in the snack bar (1000 building) and at Educare Center for anyone who would like to donate food for Haiti. "Everyone should donate at least a can no matter how poor you are," says Shelley Culver, El Dorado snack bar manager.



Students at Kansas State Manhattan participate in a lunch during a meet-and-greet for International Student Association.

Photo courtesy Chelsy Leuth, Manhattan, Kan. Kansas State Collegian staff member.



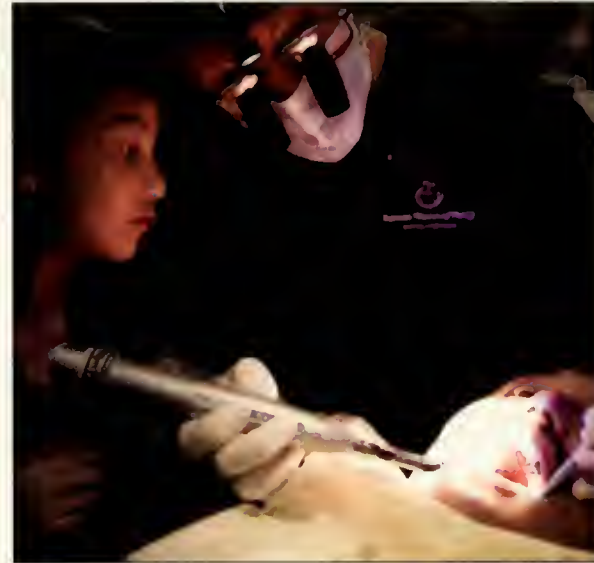
Two students volunteer to rake the leaves at Kansas State Manhattan's campus grounds.

Photo courtesy Chelsy Leuth, Manhattan, Kan. Kansas State Collegian staff member.

of Kindness



Photos courtesy Chelsy Leuth, Manhattan, Kan. Kansas State Collegian staff member.



Thao Pham

Staff Writer

Random Acts of Kindness Week is scheduled for Butler on Feb. 15 and will be celebrated until Feb. 18. This week long celebration boosts everyone to do something kind for the planet, animals and each other.

The foundation's mission is to inspire people to practice kindness and to "pass it on" to others.

Established in 1995 as a non-profit organization, it is a resource for people committed to spreading kindness. They provide a wide variety of materials on their web site, actsofkindness.org, including activity ideas, project plans, publicity guides, workplace resources and much more. There is no limit to the ideas that the foundation has to offer people.

The organization is the United States representative to the World Kindness Movement, an organization that includes several nations. People in these countries promote kindness within their country's borders and are creating a global network of kindness and compassion.

Butler Community College always has fliers up around campus to advertise to any students who would like to volunteer and help out in the community. Even through Pipeline, BCC updates their personal and campus announcements daily with volunteer activities. With the recent devastation that Haiti felt with a 7.0 magnitude earthquake, BCC has been sending out e-mails to anyone who has spare time to volunteer to package food to send out to the country.

Sonja Milbourn, El Dorado Academic Achievement Instructor, devotes her time twice a month for a four hour shift at a women's shelter,

and she has volunteered for several other projects as well. Her most recent one was for Numana, an international relief hunger organization based in Wichita. She encourages everyone to volunteer. You don't have to sign up or do paperwork, just show up and volunteer.

"My most memorable volunteer experience was at the women's shelter. A woman was so badly shaken up that she did not want to go upstairs and sleep so she stayed downstairs with us (volunteers) and that night we sang to her."

According to iUniverse.com there are numerous scientific studies showing that acts of kindness result in significant health benefits varying both

physical and mental. The key points are that helping contributes to the maintenance of good health and that it can diminish the effect of disease and disorders, serious and minor, psychological and physical.

Participating in this celebration will leave society feeling a bit better.

"Volunteering makes me feel like I'm doing my part. Like I am here for a reason. It's always a learning experience."

**Sonja Milbourn,
El Dorado Academic
Achievement Instructor.**

Twenty First Century



Google image



Google image



Logan Jones
**Photo & Sports
Editor**

Communicating with people all around the world has become increasingly easier with, what seems like, each new day. Dozens of social networking sites have been created to connect friends, associates, colleagues and classmates with one another.

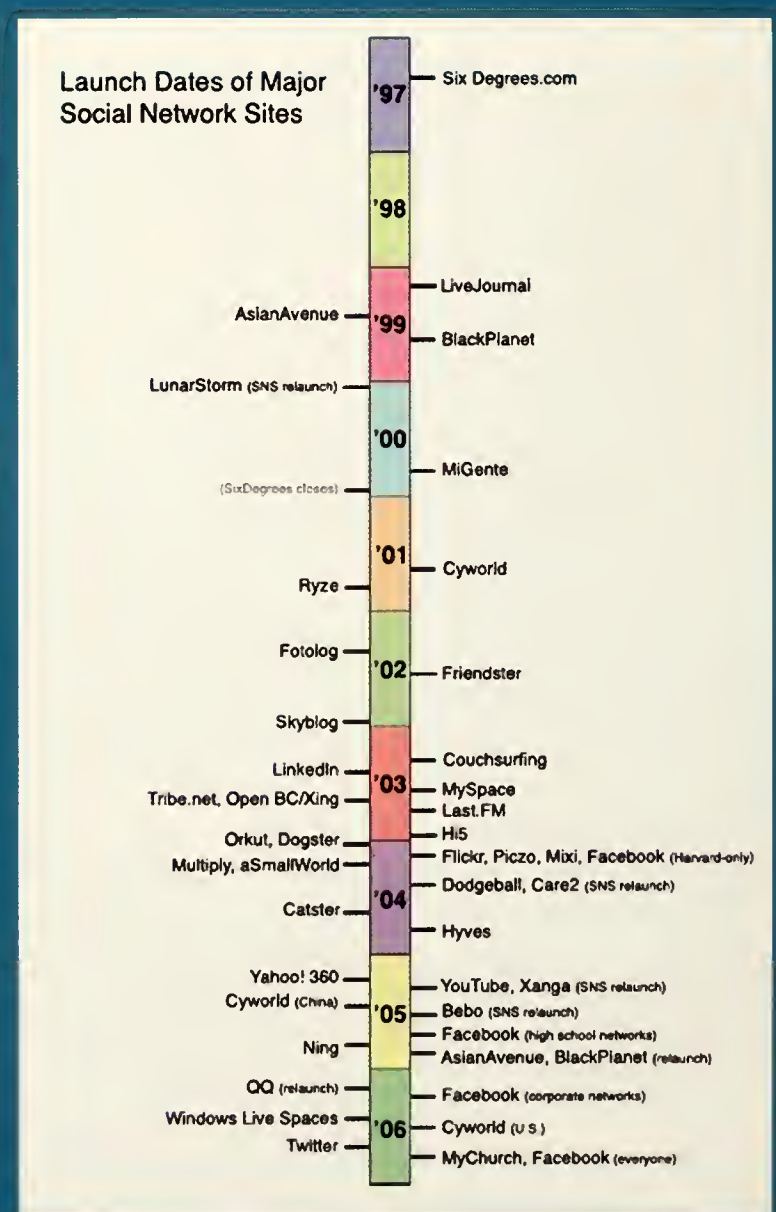
These sites have changed many aspects of our daily life. Many businesses, musicians, celebrities and schools are creating web pages on these sites to reach a much broader population, typically for a fraction of the cost it would be to put a commercial on television.

sion.

While there are many sites to choose from, four have risen to the top. The four most popular social networking sites are Facebook, MySpace, Twitter and LinkedIn. Facebook has the stranglehold on this market for now with more than 350 million users, but the baby of the group, Twitter, is quickly rising.

The founders of the most used sites are not only seeing their popularity rise, but their wallets as well. Facebook founder and CEO, 25-year-old Mark Zuckerberg, started the site from his dorm room at Harvard University in early February, 2004. Facebook immediately took off and in a just a few years Zuckerberg's wealth was outrageous. He turned down a \$1 billion offer from Yahoo!, gaining much notoriety. The Harvard dropout is worth \$2 billion today.

All together, reports from techcrunch.com show Facebook is worth \$10 billion, LinkedIn, \$1.5 billion, MySpace, \$1 billion, and Twitter, around \$1 billion.



<http://jcmc.indiana.edu/vol13/issue1/boyd.ellison.html>

Social Networking



Google image



kentmeireisphotography.com

Kent Meireis, Colorado based wedding photographer - "Social networking is huge. You can reach lots of people so quickly. My LinkedIn and Facebook networks keep me in touch with folks all over the planet. There is a famous saying that your network is your net worth. It's never been more true. I get a lot of referral via other photographers who are friends on Facebook."



Google image



ljworld.com

Jonathan Kealing, Online editor for the Lawrence Journal-World - "Social networking sites are important to us as journalists because they're part of the glue that makes interactive journalism work. Through social networks, the readers become the reporters, the deadlines are changed entirely; we're forced to better understand our audience and the new interactive environment we work in."

What are your feelings on social networking sites such as MySpace, Facebook, Twitter and LinkedIn?



tsgstaff.com

Gregg Foss, Vice President, The Specialists Group, LLC San Francisco, Calif. - "In the world of human resources the prevalence is to recruit through the much-hyped social networking sites, although I have found that some produce little more than a barrage of unprofessional resumes. Relationship building cannot be done exclusively through advanced technology."

Ryan Entz, Executive Director of Marketing Communications, Butler Community College - "We really like social media for the simple fact that it's...well, social. It's a super way for us to start a conversation...with our students and our communities. Social-networking sites like Facebook and Twitter help us connect to individuals in a more personal way. It gives us an opportunity to truly build a dialogue."



butlercc.edu



Logan Jones/ *Grizzly*



Bryant Brunner
**Student Sports
Media**

SECOND BEST IN THE WEST

The Butler Grizzlies men's basketball team started the 2009-10 season off hot. They started with a huge 60 point win against Friends University JV. Caleb Walker, Hutchinson sophomore, has been the key part of the Grizzlies success this season, averaging almost 17 points and seven rebounds.

The Grizzlies didn't have a tough test in their first four games. After they defeated Friends, they played Independence, Labette and Neosho. They won all these games by double-digits. The team then had to travel to Iowa to play the #2

team in the nation, Iowa Western. Butler defeated them by four in overtime, 87-83.

Coach Mike Barga was extremely pleased with play of his team, but the next day was one of those hangover games for the squad. They played Des Moines Area Community College and did not show up to play at all, losing 78-59. Caleb Walker and Josh Gibbs, Raytown freshman, seemed like the only two players that were mentally into the game, having 31 points combined.

Two straight blowout wins fol-

lowing the loss seemed to get the Grizzlies back on track, but they had trouble with Neosho this time around. They lost by six, 85-79. Troy Pierce, Emporia sophomore, led the Grizzlies in scoring in this game with 20 points. The team then won two games in a row again, only to lose the next at Dodge City 70-64.

Butler then showed that they can win the close games as they won four in a row that were decided by seven points or less. The four teams they beat were Garden City, Northern Oklahoma-Tonkawa, Coffeyville and Johnson County.

The next game following the four straight close wins was against conference rival Hutchinson. The Grizzlies couldn't find a way to pull the win out, but they did show that they are the second best in the West Division of the Jayhawk Conference.

The team has been on a roll ever since that loss to Hutch. They have absolutely dominated every team they have played. They have won six in a row and won five of those six by double-digits. They played Barton County first after the loss and won by 20 with Walker having an incredible 16 point, 15 rebound night.

Then they played Colby and they put it to them, winning by 20 with the help of Dushawn Brooks, Chicago sophomore, putting in 21 points. Pratt then came into the "Power Plant" with the same record as the Grizzlies and it looked like it was going to be a close, grind it out, type of game. Butler showed they were the definite better team, winning by 25 points, 89-64.

The team was led by Walker again who had 20 points, going 12 for 12 from the free throw line. Now the Grizzlies would play Cloud County followed by the #22 team in the country, Seward County. It didn't matter for the team as they won both rather easily, beating Cloud 84-73 and Seward went down by 10, 84-74.

Coach Barga says the Grizzlies have played well. "We have to be a team that can be 11 or 12 deep every game, and we have to be better at getting after loose balls," he said after a win against Northern Oklahoma-Tonkawa.

The Grizzlies stand at 19-4 overall and 7-2 in conference play. They will have to keep their defense strong and their team will have to become more of an attacking squad if they want to stay in the hunt for the Jayhawk Conference championship.

As of 1-28-10



Logan Jones/ *Grizzly*

Finishing a Grizzly fast break, Caleb Walker, Hutchinson sophomore, throws down an emphatic one-handed alley-oop against Seward. Walker finished with a season-high 25 points, which led to an 84-74 Butler victory.



Logan Jones/ *Grizzly*

Butler's starting point guard, Anthony Cousin, Anchorage, Alaska freshman, has been an integral part of the Grizzlies' success this season. As of Feb. 2, Butler is in sole possession of second place in the Jayhawk West Conference.

Grizzly Women's Roller Coaster Season



Logan Jones/ Grizzly



Greg Abel

**Student Sports
Media**

The women's basketball team has had its ups and its downs. At times they look like they can compete with the top teams in the Jayhawk Conference and other times they look like bottom feeders of it.

They started off the season with a non-conference victory at home against Kansas Wesleyan's JV squad with the final score of 95-64. Alysia Hart led the team with 18 points.

They then played Independence and SW Tennessee where they lost both times with a total point margin of nine points. Against Independence, Alysia Hart once again led in points with 23.

They would go on to win two straight against LSU-Eunice and Neosho County. The LSU-Eunice game was a thriller with a two point win and the lead-

ing scorers were Abby Fawcett and Alysia Hart, each with 29. The Neosho game wasn't as close, 101-89. That would be a break out game for Abby Fawcett with 37 points, 7 rebounds and 2 assists.

This women's team would now begin to start the roller coaster, losing four of their next five games. They would lose them by a total of 43 points. They would show optimism by winning three straight against Brown-Mackie, Allen County and Dodge City. Through these three games Alysia Hart would have 64 total points to lead the team.

The next few games would be a struggle for this heart attack team, losing five straight. They would lose by a total of 85 points in these games but they played some very good teams in Coffeyville, Garden City, Johnson County,

Hutchinson and Barton County.

When school started back up it seemed to put some new life into these roller coaster Grizzlies. They would go on to win two more. They mauled the Colby Lady Trojans by a whopping 45 points. Alysia Hart led the team once again with 13 points while Abby Henning and Abby Fawcett followed up with 12. They would win another thriller at home against Pratt, 79-76. Abby Fawcett had 27, while Paige Franklin had her break out game with 19 points.

The team is currently 9-12 overall and 3-4 in the Jayhawk Conference with a chance to still stir the conference up depending on which team shows up. They are sixth in the Western Conference and five games behind Seward County, who is currently in first place with a 7-0 conference record.

Alysia Hart and Abby Fawcett are the high scorers, averaging just over 15 points a game and Fawcett also leads in steals with

55. Abby Henning is your leading blocker, averaging three blocks a game and assists are led by Jaquie Dean with 42. Jessica Egwuagu brings down all the boards and leads the team with a total of 84. A notable statistic about this Grizzly team is they out steal their opponents by 50 steals which shows their aggressiveness on defense.

The Grizzlies have 10 games left in their season and with a tough stretch of teams coming up including Seward who they play twice and who leads their conference. This will show what this roller coaster team really has in them. Coach Mike Helmer commented that he is excited when this team decided to play together and when they do that they are a special group of girls.

As of 1-28-10



Logan Jones/Grizzly

During a game against Seward at the Power Plant, Grizzly head coach, Mike Helmer, talks with his team during a time-out. This season has been filled with ups and downs thus far, but the team always seems to battle and play hard.

Joe Garrett

Miami, FLA.
Freshman

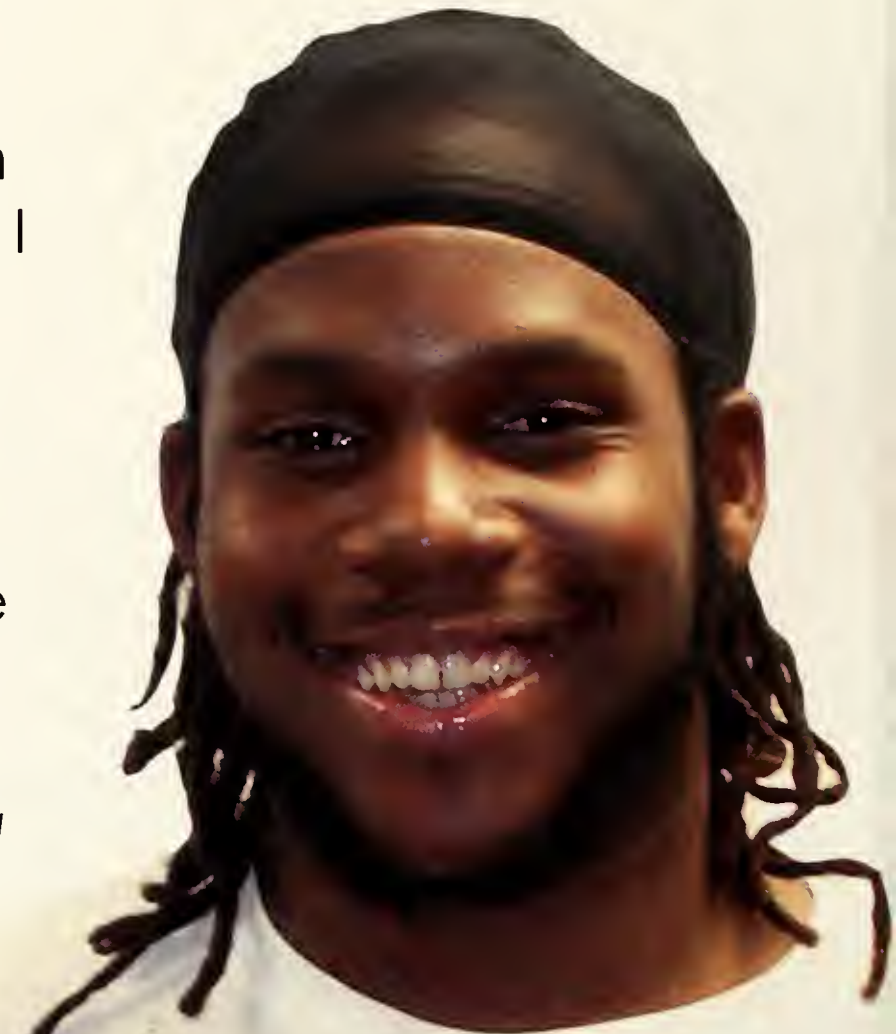
1. *What movie describes your life best?*
The Blind Side

2. *What would your dream job be and why?*
NFL athlete because it's something that I've been wanting to do ever since I was a kid.

3. *If you could pick the president, who would you choose and why?*
Jeff Tymony, because his view towards the world is the way it should be looked at.

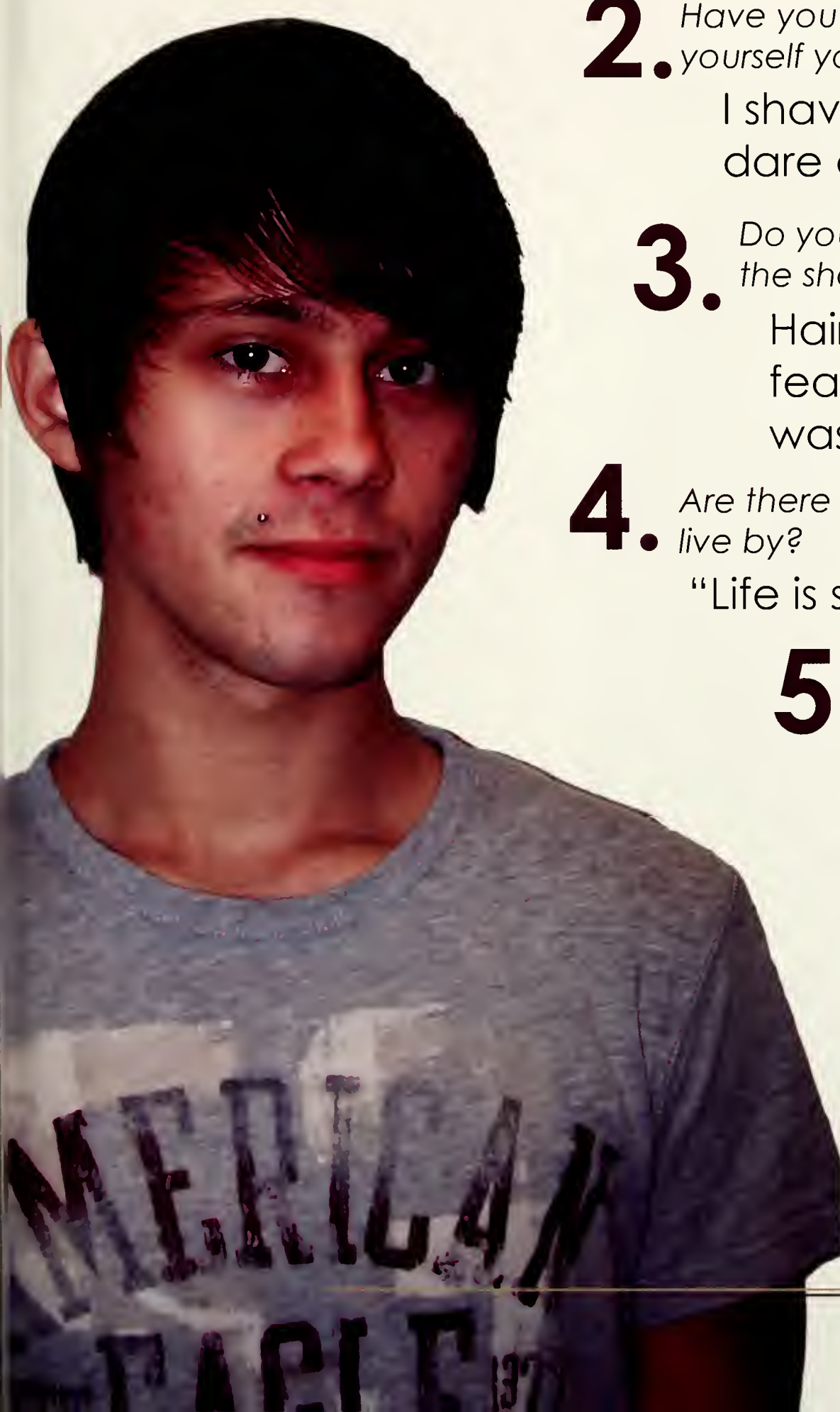
4. *Who has been the most influential person in your life and why?*
My coach because of his effort and constant stress on me to drive towards success.

5. *What is something that you think is interesting about yourself?*
I'm the only child.



Taylor Haads

Wichita
Freshman



1. *Is there any type of music that you hate listening to?*
Not really. I like anything. However, I don't usually listen to country.

2. *Have you ever done something you told yourself you would never do?*
I shaved my legs because of a dare and it was so weird.

3. *Do you wash your hair or body first in the shower?*
Hair, because it is the best feature there is I guess. I just wash it first.

4. *Are there any mottos or sayings that you live by?*
"Life is short so take chances."

5. *If you could change something about yourself what would it be and why?*

I would want myself to be taller. I feel like I'm short and a lot of guys are taller than me.

Sam Riggins

Maize

Freshman

1.

What is your weird talent?

I can tie a knot in a cherry stem, in 20 seconds!

2.

Do you still sleep with a stuffed object?

Yes, it's a horse, the stuffed version of Spirit: Stallion of the Cimarron!

3.

Have you ever been streaking?

Well... technically. No.

4.

What do you do when you're home alone?

I tune all the radios in my house to the same station and blare the music, then I run through the house singing to the music!



Butler
Community College

Jai Strickler

Rose Hill

Freshman

1.

What did you want to be when you grew up?

A prosecuting attorney and that's what my major is.

2.

What Ninja Turtle would you be?

Well I took a Facebook quiz and it said I'd be Michelangelo.

3.

Do you sleep on the left, right, or middle of the bed?

I sleep cockeyed if that makes sense.

4.

What is your biggest pet peeve?

When people smack their gum. Especially in class. It annoys me so much.

5.

How many licks does it take to get to the center of a Tootsie Pop?

125.

Do you know that from experience?

No, I actually just made that up.



WHAT IT
COSTS TO GO
TO BUTLER



WHAT IT COSTS TO
GO ANYWHERE ELSE

L.W. Nixon Library



31111201013388



BUTLER LETS YOU KEEP THE
Change